Sunnataram Forest Monastery

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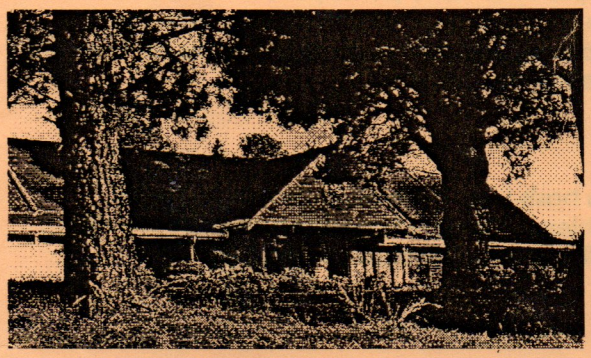
Email: sunnata@pbg.com.au
Website: http://watthai.net/sunnata

Daily Office Hours : 9:00 – 11:00 AM, 1:30 – 4:30 PM
Retreat Office Hours : 9:00 – 10:30 AM, 1:30 – 4:00 PM

Welcome to the peaceful and friendly atmosphere of our Buddhist monastery in the Southern Highlands! We would like to introduce you to a meditative lifestyle and explain what you will experience during your visit here.

About the Place

Sunnataram Forest Monastery is a Theravada Buddhist monastery in the Thai forest tradition. The monastery was established in July 1990. The monastery is situated on the outskirts of the town of Bundanoon in the Southern Highlands, which has an elevation of 2205 feet above sea level. The monastery covers an area of 99.7 acres of bush land, hills and cliff faces. Aboriginal people believe that a sacred site is located within the monastery area.



Facing the breathtaking view of mountainous Kangaroo Valley with beautiful Jarvis Bay of Nowra on the horizon, we welcome sunrise emerging from a sea of cloud. Because of its panoramic exposure, the site of the monastery is considered by many Feng Shui masters to have one of the best Feng Shui aspects in Australia. With its famous clean mountain air and immense energy from Mother Nature, the monastery is a perfect place for meditation and healing. People who have visited the Sunnataram Forest Monastery agree that they experience feelings of peace and relaxation, immediately on stepping into the area. For this reason, people may flow effortlessly into a calm, meditative state of mind.

Meditation Class

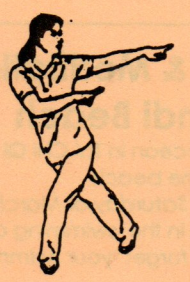
The monastery offers free daily meditation instruction in morning (5:30 AM) and evening (7:00 PM) classes and a short sitting class after lunch (12:00 PM). In addition, people who like to learn more about meditation can participate in the following meditation programs:

1. Weekend meditation retreat (Beginners)
2. Five day meditation retreat (Intermediate)
3. Private meditation retreat (Experienced)

Optional classes (e.g. Thai vegetarian cooking class) will be added on meditation retreats. Please ask for more information from the office.

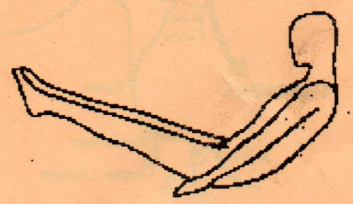
Dhamma Talks

Dhamma talks are wisdom that was discussed by the Buddha and other Enlightened ones. Usually, monks will give Dhamma talks concerning knowledge, experiences about meditation, health and how to lead a peaceful way of life. Regular Dhamma talks are conducted after lunch (12:00 PM) and after evening meditation class (8:00 PM). If people would like to listen Dhamma talks or discuss with monks apart from the regular hours, please call the monastery in advance during office hours.



Tai Chi and Yoga

Both gentle exercises are highly recommended by many health care professionals as a way to promote good health and stress reduction. Tai Chi Qi Gong will be instructed by monks in the early morning (6:00 AM) whereas Hatha Yoga in the evening (5:00 PM). Please check with the monastery prior to your arrival.



" May you be well, happy & peaceful, Sadhu"

Daily schedule

4:30	AM	Wake up
5:00	AM	Sitting meditation
6:00	AM	Tai Chi exercise (check with teachers again)
7:30	AM	Breakfast break
11:00	AM	Lunch offering to monks & lunch for everyone *(Vegetarian food only)*. Visitors are welcome to join lunch with monks. You can bring your food to offer to monks and share together with other visitors.
12:00	AM	Dhamma talks
1:00	PM	Lunch break, work around the monastery
5:00	PM	Yoga (check with teachers again)
7:00	PM	Sitting meditation and Dhamma discussion
9:30	PM	Rest

Cost

There is no charge for Dhamma talks and meditation. However, people who like to participate in the meditation retreats are asked to help in certain amount of donation to cover general expenses and to support new building projects of the monastery. Sunnataram Forest Monastery is a non-profit organization and registered as tax exempt. Donations above $ 2 towards the monastery school-building fund are tax deductible.

Code of discipline

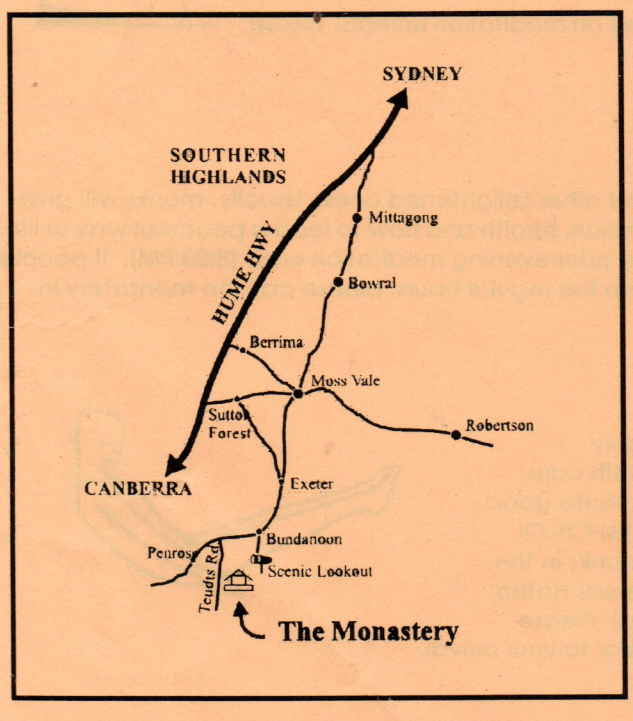
The foundation of the practice is *Sila*(moral conduct). *Sila* provides a basis for the development of *Samadhi* (concentration of mind); the purification of the mental process is achieved through *Panna*(the wisdom of insight). All those who stay at the monastery must undertake to observe the five precepts below at all times:

1. To abstain from killing any living creature
2. To abstain from stealing
3. To abstain from all sexual activity
4. To abstain from telling lies
5. To abstain from all intoxicants, drugs and cigarettes.

How to get to the monastery (Transportation)

Train: Southern Highland route to Bundanoon station and call the monastery to be picked up (Please check the time table from Infoline Ph: 13 15 00)

Car: Hume Hwy, Mittagong exit, via Bowral, Moss Vale, Exeter to Bundanoon



All visitors are welcome.

"When the heart is good, everything else is good"

Meditation in Bondi Junction

Mindfulness on breathing and Vipassana
6:30 – 8:30 PM every 2nd & 4th Friday of March & April 2001
Cost: $ 15
At Zen Renaissance Healing Centre, Level 1 / 310 Oxford St., Bondi Junction, **PH: 02 – 9369 1544**

Free Tai Chi & Meditation at the Bondi Beach

Absorb Chi energy from the ocean in Tai Chi Qi Kung exercise and meditation on the beach
7:00 – 8:30 AM every 2nd & 4th Saturday of March & April 2001
On the beach between flags in the swimming area
(Bring your friends and don't forget your swimming suit.)
PH: 9365 2655 Kim or Prue

" May you be well, happy & peaceful, Sadhu"